



Tu B'Shevat Yoga

Topic

Tu B'Shevat

Grade Level(s)

1st-6th

Goals for the Lesson/Activity

Students will:

- Connect to Tu B'Shevat through movement
- Learn or review Hebrew words connected to Tu B'Shevat

Materials needed

- Clear mind
- Flexible muscles
- Tu B'Shevat Yoga Poses sheet (available for download)
- Tu B'Shevat Yoga Source Sheet (available for download)
- Mats (optional)
- *Aleph-Bet Yoga for Kids* (book, optional)

Background for Teachers

Howard Gardner, a Harvard professor, has posited that people have eight distinct intelligences. In other words, different people are best able to learn and to express themselves through different modes of expression. [For a quick overview of the different intelligences, visit Gardner's own [website](#).] As a result, learning environments should incorporate different modes of learning in order to reach the different intelligences.

Yoga provides an opportunity to reach learners who are particularly strong in the body-kinesthetic intelligence. Yoga can also help practitioners to achieve a greater understanding of Torah, their bodies, and themselves as they move and focus their minds and bodies.

The name Tu B'Shevat comes from the Hebrew date on which it falls. The number "15" is written *ט"ו* in Hebrew because "tet" is the ninth letter of the Hebrew alphabet and "vov" is the 6th letter of the Hebrew alphabet. These letters offer additional opportunities for Tu B'Shevat-related yoga poses.



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Prepare in Advance

- If necessary, reserve a room that will enable students to move around.
- Invite a parent/friend who practices yoga to come in to lead your group in Tu B'Shevat yoga poses.

Description of Activities

- 1) Review the significance of Tu B'Shevat.
- 2) Introduce students to different Tu B'Shevat-themed yoga poses. Use Hebrew words to name the poses. Practice each pose several times.
 - a) Consider offering mindfulness prompts as they do each pose. For example, ask students to feel the wind through their leaves or to imagine that they are a flower sprouting up from the ground.
 - i) Incorporate texts from the Tu B'Shevat Yoga Source Sheet for additional prompts.
- 3) Encourage students to create their own movements related to Tu B'Shevat vocabulary and practice. Movements might illustrate the planting of trees, the 7 species, mixing wine from white to red, mimicking the different shapes of trees in Israel such as the Cedar and Cyprus; almond and pomegranate; sabra fruit and palm.